

IN STERLING LIVES A GIRL

Who Suffered As Many Girls Do—Tells How She Found Relief.

Sterling, Conn.—"I am a girl of 22 years and I used to faint away every month and was very weak. I was also bothered a lot with female weakness. I read your little book 'Woman's Friend' and I saw how others had been helped by Lydia E. Pinkham's Vegetable Compound, and I decided to try it, and it has made me feel like a new girl and I am now relieved of all these troubles. I hope all young girls will get relief as I have. I never felt better in my life."—Mrs. JOHN TETRAULT, Box 116, Sterling, Conn.

Massena, N. Y.—"I have taken Lydia E. Pinkham's Vegetable Compound and I highly recommend it. If anyone wants to write to me I will gladly tell her about my case. I was certainly in a bad condition as my blood was all turning to water. I had pimples on my face and a bad color, and for five years I had been troubled with suppression. The doctors called it 'Anemia and Exhaustion,' and said I was all run down, but Lydia E. Pinkham's Vegetable Compound brought me out all right."—Miss LAYLA MYERS, Box 74, Massena, N. Y.

Young Girls, Heed This Advice.
Girls who are troubled with painful irregular periods, backache, headache, dragging-down sensation, fainting spells or indigestion, should immediately seek restoration to health by taking Lydia E. Pinkham's Vegetable Compound.

Warner's Safe Kidney and Liver Remedy

is a medicine of great value in the treatment of various diseases of the kidneys, as has been demonstrated, during a period of over 35 years. This safe and dependable remedy is sold in two sizes, 50c and \$1.00, at your druggist, or direct postpaid on receipt of price.

Write for Booklet
Warner's Safe Remedies Co.
Rochester, N. Y.

Paxtine

A Soluble Antiseptic Powder to be dissolved in water as needed For Douches

In the local treatment of woman's ill, such as leucorrhea and inflammation, hot douches of Paxtine are very efficacious. No woman who has ever used medicated douches will fail to appreciate the clean and healthy condition Paxtine produces and the prompt relief from soreness and discomfort which follows its use. This is because Paxtine possesses superior cleansing, disinfecting and healing properties. For ten years the Lydia E. Pinkham Medicine Co. has recommended Paxtine in their private correspondence with women, which proves its superiority. Women who have been relieved say it is "worth its weight in gold." At druggists, 50c large box or by mail. Sample free. The Paxtine Toilet Co., Boston, Mass.

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty. Cures Constipation, indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

It wasn't for our enemies life would be awfully monotonous.

SOAP IS STRONGLY ALKALINE and constant use will burn out the scalp. Cleanse the scalp by shampooing with 'La Creole' Hair Dressing, and darken in the natural way, those gray, grizzled hairs. Price, \$1.00.—Adv.

Time brings the truth to light.

Why That Lame Back?

Morning lameness, sharp twinges when stooping, or a dull, all-day backache, each is cause enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans overdo, overeat and neglect our sleep and exercise, and so we are becoming a nation of kidney sufferers. 75% more deaths from kidney disease than in 1890, is the story told by the 1000 cases. If annoyed with a bad back and irregular kidney action, modify the bad habits and use Doan's Kidney Pills.

An Illinois Case
T. H. Williams, 122 Cedar St., W. Springfield, Ill., says: "My back was weak and painful and it was hard for me to straighten after stooping. My limbs got numb and I could hardly walk. I used different remedies, but Doan's Kidney Pills brought me the first relief. Four boxes completely cured me, and best of all, the trouble has never returned."

Get Doan's at Any Store, or a Box DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

PROVIDING FOOD FOR THE WILD DUCKS

Farmers Can Assist in This Work, by Planting, in Streams, Ponds, Lakes and Swampy Sections, Such Foods as the Wild Ducks are Fond Of.

By W. L. McATEE.
MANY plants may be successfully used as food for wild ducks in localities where now they are not grown, and this will be a strong inducement for the ducks to congregate in sections where they are unknown at this time.

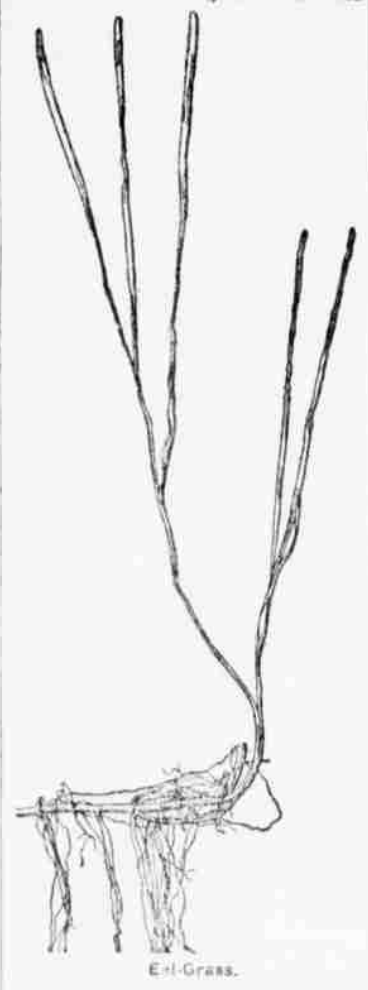
Frogbit.
Frogbit is an abundant inhabitant of some of the shallow express-marshy lakes in Louisiana. It produces



Frogbit.

spherical fruits filled with gelatinous matter in which are a multitude of seeds, eagerly sought by ducks. Nearly 18 per cent of the food of 208 mallards collected in that locality from October to March, inclusive, consisted of these seeds. From 8,000 to 10,000 were found in each of several stomachs, and one contained 32,000. Twenty-five stomachs of ring-necked ducks collected in December contained 35 per cent of these eagerly sought seeds. Frogbit is extensively used in aquaria and water gardens, and may be obtained from dealers in plants for such purposes. The plants themselves should be set out in water a few inches deep over a mucky bottom or in soft mud near the water's edge. Frogbit has been found in parts of New York, New Jersey and Delaware, but the natural range probably is from North Carolina and Missouri southward.

Eel-Grass.
Few who have written of the habits of sea brant have failed to mention its fondness for eel-grass. The rela-



Eel-Grass.

tion between this species of bird and plant seems to be as close as, if not closer than, that existing between the noted fresh-water pair, the canvas-back duck and wild celery. All normal stomach contents of the common brant thus far examined consisted exclusively of eel-grass. Eel-grass consists of bunches of long tape-like leaves which rise from a jointed fibrous root-like creeping stem. The leaves grow in small bundles from the end of the root-stock or its branches, and may reach a length of six feet. The plant grows only in salt water.

In North America it is found from Greenland to the Gulf of Mexico, and from Alaska to southern California. It is common along shores facing the open ocean, but also grows in bays, and even lagoons where the water is far less salt than the sea.

Musk Grass.
The small tubers of musk grass are eaten in large numbers; more than 1,000 were contained in the stomach of one goldeneye and more than 1,500 in that of a pintail duck. However, all parts of musk grasses are eaten. In September, stomachs of ducks found in North Carolina contained 52 per cent of musk grass; October, 90 per cent.

Probably no part of the United States entirely lacks representatives of these grasses. They require lime, however, and hence reach their best development in regions where that mineral is plentiful. Musk grasses belong to the great group of plants which include forms known as frog spit, green slime and seaweeds. Most of the musk grasses live in fresh water. These plants are translucent and fragile, dull green in color, and are often, incriminated with lime. This has given them one of their common names, limeweed. Other names are stonewort, lime moss



Musk Grass.

(Michigan), oyster grass and nigger wool (North Carolina), and skunk grass (Massachusetts). The latter name and the name musk grass, refer to a strong odor given off by a mass of the plants when freshly taken from the water.

Water Elm.
That trees should produce food for wild ducks is at first thought surprising, but many do, as oaks, thorns, hollies, ash, blackberries and others; none is of more value for this purpose, however, than the water elm.

The range of the water elm extends from the lower Wabash valley in Indiana to the river bottoms of eastern Texas, and from western Tennessee and southeastern North Carolina to Florida. This plant thrives in swamps and on the margins of sluggish streams. The tree seldom exceeds 40 feet in height and 20 inches in diameter and is usually much smaller. The water elm flowers from February to April and the fruit usually ripens and falls in a month or six weeks, but it has been found on the trees as late



Leaves and Fruit of Water Elm.

as August. The fruits, which are very numerous, drop into the water immediately upon ripening. Knowledge of the importance of watercress as a duck food is derived entirely from breeders of wild ducks,

who almost without exception consider it a valuable plant for a duck farm. Not only is it reliable, but it is said to grow so fast in some places that



Watercress.

the ducks cannot eat it out. Watercress occurs practically throughout the entire United States.

Watercress is usually propagated by seed, which may be obtained from most seedsmen. The plant is easily transplanted by cuttings. It grows in springs, brooks, small streams and shallow ponds. Waters in which it is found are usually cool and have some current. It may be sown in similar situations at any time during spring or summer.

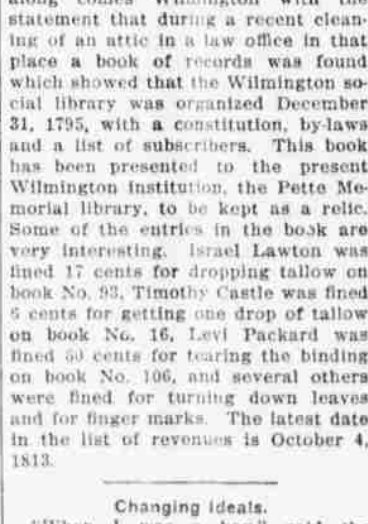
Thalia.
The writer's only experience with thalia as a wild-duck food was in Florida. Here a slough filled with a tall growth of these elegant plants was a favorite resort of ducks, especially mallards. The evidence is sufficient to show that thalia has great possibilities as a wild-duck food. The seeds are large and nutritious and are borne



Thalia, a Favorite Duck Food.

in great abundance. The leaf is much like that of canna, and may measure five inches wide and fifteen inches long. The plant is native from Florida to southern Arkansas and Texas, and doubtless it will thrive as far north as South Carolina and Missouri.

Old-Time Library.
Just as Arlington was about to carry off the palm for having the oldest library in the state, organized in 1803, along comes Wilmington with the statement that during a recent cleaning of an attic in a law office in that place a book of records was found which showed that the Wilmington special library was organized December 31, 1795, with a constitution, by-laws and a list of subscribers. This book has been presented to the present Wilmington institution, the Pette Memorial library, to be kept as a relic. Some of the entries in the book are very interesting. Israel Lawton was fined 17 cents for dropping tallow on book No. 93. Timothy Castle was fined 5 cents for getting one drop of tallow on book No. 16. Levi Packard was fined 50 cents for tearing the binding on book No. 106, and several others were fined for turning down leaves and for finger marks. The latest date in the list of revenues is October 4, 1813.



Changing ideals.

"When I was a boy," said the thoughtful man, "I wanted to be the clown in a circus."

"You have gotten bravely over that."

"Yes. Circus clowns are not very liberally compensated. I'd rather be a good moving picture comedian."

Notwithstanding higher prices, the United Kingdom imported larger quantities of sugar, tea, coffee and cocoa last year than in 1913.

Maintaining the rate of increase shown during the last forty years, Russia's present population at the end of the present century will number 600,000,000.

The opportunities for gaining knowledge in the province of Ontario are great. There are, including kindergartens, institutes and continuation classes, 8,942 public schools—all free.

At present, Russian sable is next in value, with silver fox nearly approaching it, although when the size of the skins is considered the sable is infinitely greater in value.

The province of Ontario is fortunate in the abundance and variety of its natural resources as well as in the variety of its principal products. Though second in area to Quebec among the provinces of the Dominion, Ontario easily ranks first in agricultural, manufacturing and mining products and second in the lumber industry.

Rev. William H. Haupt, who is registrar and historiographer of the Episcopal diocese of Kansas, has been engaged in gathering material for a history of that church in Kansas for four years, while at the same time doing the work of archdeacon, and the last two years as rector of the parish at Independence, Kan.

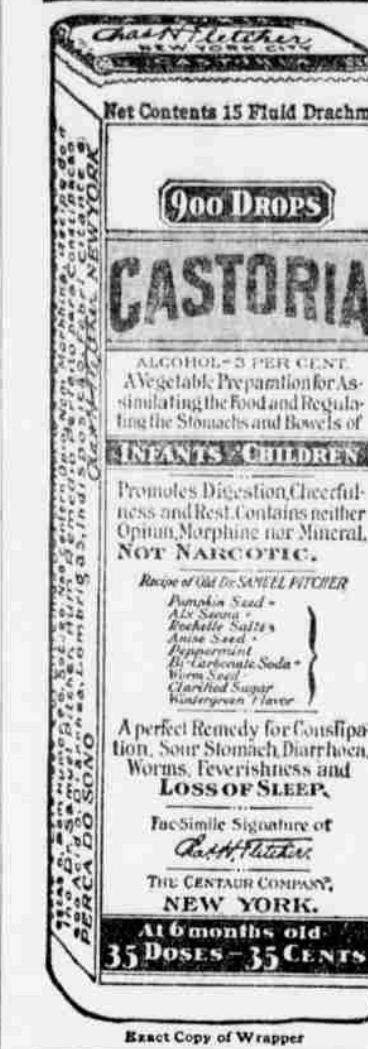
Whenever You Need a General Tonic

Take Groves' The Old Standard Groves' Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.—Adv.

Naturally. "How was that cave mystery exhibition?" "Nothing but a hollow mockery."

IMITATION IS SINCEREST FLATTERY but like counterfeit money the imitation has not the worth of the original. Insist on "La Creole" Hair Dressing—it's the original. Darkens your hair in the natural way, but contains no dye. Price \$1.00.—Adv.

Leap before you look and you will look foolish.



Exact Copy of Wrapper

Muldoon's Mistake. There was no doubt about it. Michael Muldoon had lost his five-pound note. How, then, was he to get back to Dublin?

But, sure, the London police would find it for him? Into a station marched Michael and told his sad story to the sergeant. The officer was inclined to be sympathetic.

"I suppose you wrote down the number of the note?" "And O did that, sorr!" said Mike, proudly.

"And what is the number, then?" "And isn't that just what I don't know myself?" "But you said you wrote it down?" exclaimed the officer, testily. "That's the worst of it. I wrote it on the back of the note!"—London Tit-Bits.

No Compromise. "Ye-all needn't tell me, sah," omnisciently declared Brother Bombardier, "det heaven am a Rablist heaven!"

"Why ain't it, sah?" triumphantly demanded Brother Hawhee. "Lemme ax yo', why ain't it?"

"'Ukasee if 'twas, 'twould be a plumb failure; dat's why! If I tryed to make it so, all de Meferdiste dar would rise right up in one voice and march out! And which would yo' heaven be den, sah?"—Kansas City Star.

A DOCTOR'S EXPERIENCE. Medicine Not Needed in This Case.

It is hard to convince some people that coffee does them an injury! They lay their heads feeling to almost every cause but the true and unsuspected one.

But the doctor knows. His wide experience has proven to him that, to some systems, coffee is an insidious poison that undermines the health. Ask him if coffee is a cause of constipation, stomach and nervous troubles.

"I have been a coffee drinker all my life, and when taken sick two years ago with nervous prostration, the doctor said that my nervous system was broken down and that I would have to give up coffee."

"I got so weak and shaky I could not work, and reading an advertisement of Postum I asked my grocer if he had any of it. He said, 'Yes,' and that he used it in his family and it was all it claimed to be."

"So I quit coffee and commenced to use Postum steadily, and in about two weeks I could sleep better and get up in the morning feeling fresh. In about two months I began to gain flesh. I weighed only 146 pounds when I commenced on Postum and now I weigh 167 and feel better than I did at 20 years of age."

"I am working every day and sleep well at night. My two children were coffee drinkers, but they have not drank any since Postum came into the house, and are far more healthy than they were before." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.—sold by Grocers.

COVETED BY ALL

but possessed by few—a beautiful head of hair. If yours is streaked with gray, or is harsh and stiff, you can restore it to its former beauty and luster by using "La Creole" Hair Dressing. Price \$1.00.—Adv.

It is just as well if you prefer abuse to violets. You will get more of it.

WOMAN'S CROWNING GLORY is her hair. If yours is streaked with gray, grizzled, gray hairs, use "La Creole" Hair Dressing and change it in the natural way. Price \$1.00.—Adv.

A coward manages to dodge a lot of things that are headed his way.

THIS IS THE AGE OF YOUTH. You will look ten years younger if you darken your gray, grizzled, gray hairs by using "La Creole" Hair Dressing.—Adv.

Evil gains are as bad as a loss.



our prices on Field and Poultry Fences. Cat. free. DWIGGINS WIRE FENCE CO., Anderson, Indiana

Better Values Than New Cars
Huggable, easy, smooth, reliable, powerful, economical, and a lot of other good things. Write for booklet and testimonials. 15-cent book. Blasting Pills 4.50. Use size 100, but Cutler's best. The superiority of Cutler's products is due to over 18 years of specializing in explosives and services only. The Cutler Laboratories, Berkeley, Cal., or Chicago, Ill.

WANTED AGENTS for our new "DOLLAR" deer and health policies (INCLUDING NATURAL HEALTH RESERVE) to men and women; all occupations; liberal commissions; NATIONAL ACCIDENT SOCIETY, 210 Broadway, New York (Incorporated 1904)

Children Cry For Fletcher's CASTORIA



What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher
In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.

BLACK LEG

LOSSES SURELY PREVENTED by Cutler's Black Leg Pills. Low priced, fresh, reliable, powerful. Write for booklet and testimonials. 15-cent book. Blasting Pills 4.50. Use size 100, but Cutler's best. The superiority of Cutler's products is due to over 18 years of specializing in explosives and services only. The Cutler Laboratories, Berkeley, Cal., or Chicago, Ill.

PARKER'S HAIR BALM
A toilet preparation of merit. Relieves itching scalp. Restores color and beauty to gray or faded hair. 50c and \$1.00 tins.

DO YOU MAKE \$6 PER DAY?
If you don't, you should get our proposition to agents. Others make that much and more. Write us PHOENIX AUTO SUPPLY CO., 3227 Locust Street, ST. LOUIS, MO.

W. N. U., ST. LOUIS, MO. 41-1915.

PERFECTION

SMOKELESS OIL HEATER



Awarded Medal of Honor and Gold Medal At Panama-Pacific Exposition

Warm and Happy

The NEW PERFECTION Heater is an agreeable source of comfort to grown people—but it is a positive necessity when there are children in the house. You can't let the baby shiver and take cold.

With the NEW PERFECTION to take off the chill mornings and evenings, and to dry out dampness, you can delay starting winter fires until real cold weather begins.

With everyone warm and happy, free from colds developed from lowered vitality, there is no need of a furnace.

The NEW PERFECTION is the greatest comfort you can install in your home, an aid to good health, means to economy, the cleanest heat you can use.

STANDARD OIL COMPANY (Indiana), CHICAGO, U.S.A.

10c Worth of DU PONT

Will Clear \$1.00 Worth of Land

Get rid of the stumps and grow big crops on cleared land. Now is the time to clean up your farm while products bring high prices. Blasting is quickest, cheapest and easiest with Low Freezing Du Pont Explosives. They work in cold weather.

Write for Free Handbook of Explosives No. 69F, and name of nearest dealer.

DU PONT POWDER COMPANY
WILMINGTON DELAWARE